

**Welcome to the  
Common Ground Café!**



**Sunday, March 10, 2024**

**When You're Paralyzed by the Past  
A Study of Mark 2:1-12**

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When a nut won't come off a bolt, what do you do?

- Mentally review which direction you've been trying to turn it by remembering your dad's proverb: "Lefty loosy; righty tighty"
- Find a wrench with a longer handle
- Put the wrench on the nut and tap the wrench handle with a hammer
- WD-40 that thang
- Other: \_\_\_\_\_

Sometimes we get "stuck"—we get paralyzed by our past. In Mark 2:1-12, these are times to name our **frailty**, appreciate our **friends**, and receive God's **forgiveness**.

### **First: Name Your Frailty**

Read Mark 12:1-3.

Pastor Tom compared this man's powerlessness to the First Step in a Twelve-Step program: "We admitted we were powerless over \_\_\_\_\_ and that our lives had become unmanageable." Why must we admit our **powerlessness** and confess how **unmanageable** our lives have become before any other steps can be taken?

### **Second: Appreciate Your Friends**

Read Mark 2:2-5.

Pastor Tom identified four characteristics of their faith that impressed Jesus. Let's be sure we *find* a friend and *be* a friend whose faith is characterized in the following ways.

## **A Faith Willing to Take Action**

How do you think the conversation went when the four friends were deciding to carry their friend?

What might the paralyzed friend have been thinking?

## **A Faith Willing to Cooperate**

Four of the man's friends carried him, so each one must have had a corner of the pallet. Name some ways we must work *together* as a church or a Life Group to get someone to Jesus.

## **A Faith Willing to Overcome**

If you were one of the four, when you saw the crowd waiting to see Jesus, what would you have done?

- Suggest we come back later
- Politely wait in line
- Make a hole in the roof
- Go along with the plan to wreck the roof, but make it clear it wasn't your choice

What quality of the friends impresses you most? Which quality do you need to work on?

- Ingenuity
- Concern for their friend
- Determination
- Boldness

## **A Faith Willing to Wreck the Unimportant to Accomplish the All-Important**

What knowledge/belief about Jesus convinced the four men it was worth tearing open the roof?

Look over these four characteristics of mature faith once again. In verse 5, we read, “When Jesus **saw** their faith....” Which of these four might Jesus “see” if he looked at how we relate to “paralyzed” friends? Which of these four might be missing?

### **Third: Receive God’s Forgiveness**

Read Mark 2:5-12.

This man and his friends came for healing, but the first thing Jesus said was, “Your sins are forgiven.” We want to avoid two extremes: “Physical problems are *always* the result of sin” and “Physical problems are *never* the result of sin.” How does Psalm 32:3-5 help us understand the way sin can impact us physically?

In 2:7, do the enemies of Jesus inadvertently reveal who Jesus really is? Explain.

Think of the very first question in today’s discussion guide: How has Jesus’s forgiveness enabled you to get “unstuck” from past regrets?

Close with praise reports and prayer requests